

Dual Diagnosis Program

Providing resources, education and clinical support to enhance your ability to change the cycle between addictive behaviours and depression and anxiety.

Who is the program for?

An individual with a diagnosis of substance use or an addictive disorder (e.g. alcohol abuse, drug dependence, gambling addiction) and other mental health disorders such as depression or anxiety.

This is for people who want to learn and expand their knowledge and skills towards recovery in a supportive atmosphere.

Program Content

- The model of addiction
- Coping with cravings
- Dealing with boredom
- Understanding depression
- Overcoming rumination
- Addressing social anxiety
- Stress and anger
- Assertiveness and boundaries
- Distress tolerance
- Support networks
- Meaning and purpose
- Relapse prevention

About the program

This open program focuses on the cycle of addiction and depression/anxiety, providing strategies for both disorders at the same time. This helps people to work on their underlying problems as well as preventing relapse from addiction. It offers advanced strategies to monitor cravings, improve wellbeing, set goals and implement changes. There is a morning or afternoon group available.

When is it held?

One day a week over 24 weeks as detailed below. Morning or Afternoon tea is provided.

8:30am - 9:00am Registration and sign-in
9:00am - 12:15pm Group Program

12:15pm - 12:45pm Registration and sign-in
12:45pm - 4:00pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover. Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team
T: 02 4286 6847

E: sco.dayprograms@aurorahealth.com.au